



# CONNECT WITH EASE

Employee Assistance Service for Education

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### EASE CAN HELP DURING DIFFICULT TIMES

#### CONNECT WITH EASE:

**(800) 882-1341**

**Free confidential professional  
help for  
district employees and family  
members:**

- Family troubles. Emotional distress.
- Job stress.
- Anxiety. Drug/alcohol use. Grief.
- Loss.
- Life transition issues.

Professional counselors are ready  
to help.

Call the EASE Hotline for 24/7  
assistance.

## MESSAGE FROM EASE

Concerns about COVID-19 have brought rapid changes in our lives, which can bring stress, anxiety and fear. This is new territory for everyone, which means we're in this together. Given our circumstances, **how can we respond to the coronavirus situation in a way that will preserve our psychological well-being?** The answer resides in our coping skills and practicing resilience. Without healthy coping skills and practicing resilience, our physical and psychological well-being will likely suffer. There are practical tools that everyone can use to improve their mental health and increase resiliency regardless of the situations they are dealing with. It may not be easy, but it can be achieved by making small gradual changes in our life. This month's article is devoted to those very skills that will increase our coping and resilience. With care and planning, we, too, can stay psychologically strong during the pandemic and perhaps even grow from this transformative experience. May you be healthy, safe, and well. Remember, in difficult times, EASE is here.



The month of May is the perfect time to raise awareness for those living with mental or behavioral health issues and to help reduce the stigma so many experience. For those of you who don't know, **May is Mental Health Awareness Month!** For more than 65 years, May has been observed as National Mental Health Awareness Month by organizations such as the National Alliance on Mental Health (NAMI) and Mental Health America (MHA). Although mental health is important year-round, the month of may allows us to place an emphasis on these issues and provides us with a chance to come together and show our support nationwide for those who suffer from mental health disorders and illnesses.

# BUILDING RESILIENCE IN DIFFICULT TIMES

By: EASE STAFF

We are not born with a road map that tells us when, where and how we will experience challenges in our life. We all experience twist and turns and we face everyday challenges that range from traumatic events, like a death of a loved one, to a life-altering accident or serious illness. When you face hardships in your life, you may not know how to bounce back and you may feel stuck and unsure of what to do. Each change affects everyone differently, bringing a unique flood of thoughts, strong emotions and uncertainty. While some of us may find it hard to adapt to these life-changing situations, generally people adapt well over time - all thanks to resilience. So, what is resilience? Resilience is defined as the process of adapting well in the face of adversity. It is a psychological quality that allows people to face these especially difficult challenges of life and come back stronger than ever before. Instead of letting one of these events or situations overcome their lives, highly resilient people find ways to change course, emotionally heal and continue moving toward their goals. While being resilient isn't necessarily a personality trait, certain factors contribute to how some individuals are more resilient than others. It involves behaviors, thoughts and actions that anyone can learn and develop. Just like building a habit, resilience takes time and intentionality. To increase your capacity for resilience, focus on **five core components: social engagement, self-care, healthy thoughts, meaning and growth mindset.**

### Social Engagement

Prioritize your relationships and foster supportive interactions with people who are empathic and understanding. You're not alone in the midst of difficulties. Start now and cultivate these connections!

### Self-Care

Engage in positive lifestyle factors that will strengthen your body physically and emotionally.

### Healthy Thoughts

Identify irrational thinking and change how you interpret and respond to situations. Lean on your past to help you discover how you can respond effectively.



<https://www.apa.org/topics/resilience>  
<https://health.cornell.edu/resources/health-topics/building-resilience>  
<https://www.psychologytoday.com/us/basics/resilience>

### Meaning

Research shows that cultivating a sense of meaning can contribute to positive mental health. Find your purpose and recognize your values. Develop realistic goals for yourself and strive for them.

### Growth Mindset

Cultivate a growth mindset as opposed to a fixed one. A growth mindset acknowledges that you can build on your abilities through challenges and experiences whereas a fixed mindset leads you to believe that your intelligence and abilities are fixed. View challenges as opportunities to grow and learning something new.

## TALK TO US

EASE has counselors if you want to talk.  
(800) 882 1341